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## Understanding Social & Emotional Wellbeing for Workers Resource Sheet

The term social and emotional wellbeing (SEWB) is a holistic concept used by many Aboriginal and Torres Strait Islander peoples to describe a person's social, emotional, spiritual, and cultural wellbeing. It recognises the deep connection to and importance of land, sea, culture, spirituality, family, and community. It also recognises a person's social and emotional wellbeing can be impacted by social, historical, cultural, and political determinants causing ongoing difficulties.

Health professionals must understand the holistic concept of SEWB to help address the complex and interrelated determinants of health. This helps promote cultural safety and empowers Aboriginal and Torres Strait Islander communities to control their health outcomes.

Here are some online resources on the WellMob website that can support your professional development and better understand the SEWB framework when working with your clients.



Documents

### SOCIAL AND EMOTIONAL WELLBEING: A WELCOME GUIDE FOR THE ABORIGINAL WORKFORCE

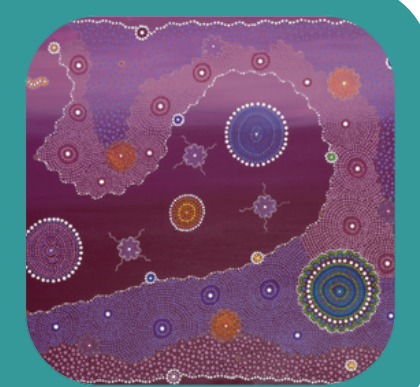
This guidebook from the Kimberley region looks at social and emotional wellbeing and how to build it with clients and the community. It links to many resources for workers to support SEWB in service delivery.



Documents

### WORKING TOGETHER: ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH AND WELLBEING PRINCIPLES AND PRACTICE

A edited book designed for health professionals working with social and emotional wellbeing concerns.



Videos

### SOCIAL AND EMOTIONAL WELLBEING EXPLAINER VIDEO

A video explains the Indigenous concept of SEWB and explores factors that impact Indigenous peoples' SEWB.



### We recommend providing these crisis numbers

**13YARN: 13 92 76**

**Kids Help Line: 1800 55 1800**

**Suicide Call Back Service: 1300 659 467**

**Lifeline: 13 11 14**

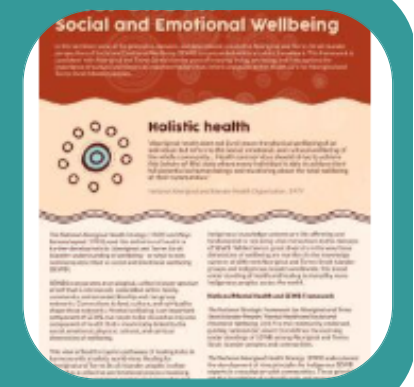
**Beyond Blue: 1300 224 636**



Documents

### SOCIAL AND EMOTIONAL WELLBEING FACTSHEET

A fact sheet outlines some of the principles, domains and determinants related to Aboriginal and Torres Strait Islander perspectives of Social and Emotional Wellbeing



Videos

### SEWB VIDEO

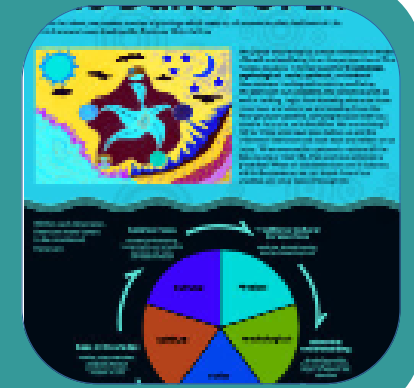
A video discussing the delivery and importance of trauma-informed care.



Documents

### THE DANCE OF LIFE

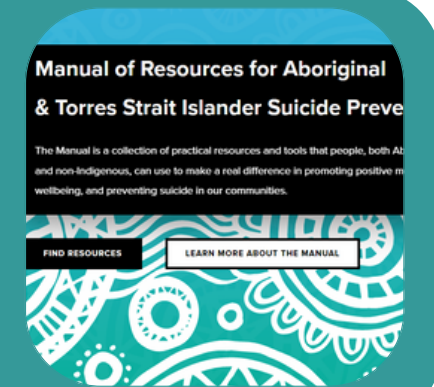
A fact sheet explaining how the physical, mental and cultural parts of someone's life can come together to support their wellbeing.



Websites

### MANUAL OF RESOURCES FOR ABORIGINAL AND TORRES STRAIT ISLANDER SUICIDE PREVENTION

A manual of practical resources and tools to promote positive social and emotional wellbeing.



Websites

### INTRODUCTION TO SOCIAL AND EMOTIONAL WELLBEING

A module to equip workers with greater knowledge and awareness of SEWB concepts.



Click here to connect to WellMob  
for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

